

# Resources for Working With Older Adults

## Materials used in the “Sharing Memories” workshop, November 5, 2014

### Reminiscence and Memoir

---

Birren, James E. and Cochran, Kathryn N. *Telling the stories of life through guided autobiography groups*. Johns Hopkins Univ., 2001.

Gibson, Faith. *Reminiscence and life story work: a practice guide*. Jessica Kingsley Pub., 2011.

Greene, Bob. *To our children’s children: preserving family histories for generations to come*. Doubleday, 1993.

Gulsvig, Margaret. *First writes: forty writing exercises for older adults*. Bi-Folkal Productions, 1987.

Thomas, Abigail. *Thinking about memoir*. Sterling Pub., 2008.

Thorsheim, Howard I. *Reminiscing together: ways to help us keep mentally fit as we grow older*. CompCare Publishers, 1990.

### Aging and Serving Seniors

---

Lustbader, Wendy. *Counting on kindness: the dilemmas of dependency*. Free Press, 1991.

\_\_\_\_\_. *Life gets better: the unexpected pleasures of growing older*. Tarcher/Penguin, 2011.

\_\_\_\_\_. *What’s worth knowing*. Tarcher/Putnam, 2001.

Rothstein, Pauline and Diantha Dow Schull, eds. *Boomers and beyond – reconsidering the role of libraries*. American Library Assoc., 2010.

Schull, Diantha Dow. *50+ library services: innovation in action*. American Library Assoc., 2013.

Tenneson, Joyce. *Wise women: a celebration of their insights, courage, and beauty*. Little, Brown, 2002.

### Magazines

---

Go beyond *Reminisce* and *Good Old Days* to discover titles like *Lapham’s Quarterly* that features short pieces on interesting topics, or special interest magazines like *Hemmings Classic Car* and *Poetry Magazine*.

## Sample Sources for Readings

---

[Authors such as Erma Bombeck, Studs Terkel, Garrison Keillor, Roy Blount, Jr., Bill Cosby, David Sedaris, and Bill Bryson are some excellent sources for discussable pieces.]

Allison, Jay and Dan Gediman, eds. ***This I Believe: the personal philosophies of remarkable men and women***. Henry Holt, 2006.

Auster, Paul, ed. ***I thought my father was God – and other true tales from NPR's National Story Project***. Henry Holt, 2001.

Bryson, Bill. ***The Life and times of the Thunderbolt Kid***. Random House/Broadway Books, 2006.

Fulghum, Robert. ***All I really need to know I learned in kindergarten***. Ballentine/Random House, 1986.

\_\_\_\_\_. ***It was on fire when I lay down on it***. Villard, 1988.

Garfield, Simon. ***To the letter: a celebration of the lost art of letter writing***. Penguin, 2013.

Gediman, Dan et al, eds. ***This I Believe: life lessons***. Wiley, 2011.

Harrison, Ian. ***Where were you when? 180 unforgettable moments in living history***. Reader's Digest, 2006.

Isay, Dave, ed. ***All there is: love stories from StoryCorps***. Penguin, 2012.

\_\_\_\_\_. ***Listening is an act of love: a celebration of American life from the StoryCorps project***. Penguin, 2007.

\_\_\_\_\_. ***Mom: a celebration of mothers from StoryCorps***. Penguin, 2010.

\_\_\_\_\_. ***Ties that bind: stories of love and gratitude from the first ten years of StoryCorps***. Penguin, 2013.

Jonas, Susan and Marilyn Nissenson. ***Going, going, gone: vanishing Americana***. Chronicle Books, 1994.

Reeves, Pamela. ***Ellis Island: gateway to the American dream***. Barnes & Noble, 2002.

Roberts, Cokie. ***We are our mother's daughters***. Wm. Morrow, 1998.

Usher, Shaun, compiler. ***Letters of note: an eclectic collection of correspondence deserving of a wider audience***. Chronicle Books, 2013.

---